

## Veterans and Families Find Peer Support at Bowling Bash

TAMPA, Fla., Jan. 29, 2018 /[PRNewswire-USNewswire](#)/ -- Injured veterans and their families recently enjoyed a day of bowling, billiards, music, magic, crafts, and pizza with Wounded Warrior Project® (WWP). The gathering provided an opportunity for warriors' families to play, get to know each other, and even reconnect with old friends in a comfortable environment.

"Wounded Warrior Project staff motivated me to get involved," said Army veteran Gary Garcia. "It gave me some time to interact with family and friends, have fun, and feel that sense of camaraderie again as I joked around with other warriors. This event helped me socialize, have a great time with my wife, and, as a warrior, it helped me continue my recovery."

Isolation is one of the most significant struggles wounded warriors deal with after serving their country. It can be difficult knowing how to overcome that challenge and rekindle bonds similar to those formed in the military. WWP programs offer settings that provide opportunities for warriors to rekindle those bonds.

"I thought this was a great event for all the warriors and our families," Gary said. "I couldn't even begin to say how much Wounded Warrior Project has helped me and other warriors — from having each other's six to the tears we've shed together. Wounded Warrior Project is family."

WWP connects warriors with one another, their families, and communities. It serves warriors through lifesaving programs and services targeting mental and physical health, career and benefits counseling, and support for the most severely wounded. And WWP empowers warriors to mentor other veterans and live life on their terms.

Activities like bowling and socializing with other veterans can help injured warriors cope with stress and emotional concerns. In a WWP survey (<https://www.woundedwarriorproject.org/survey>) of the injured warriors it serves, more than half of survey respondents (51.6 percent) expressed they talk with fellow veterans to address their mental health issues, and 30.3 percent indicated physical activity helps.

To learn and see more about how WWP's programs and services connect, serve, and empower wounded warriors, visit <http://newsroom.woundedwarriorproject.org>, and click on multimedia.

### About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <http://newsroom.woundedwarriorproject.org/about-us>.

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Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2018-01-29-Veterans-and-Families-Find-Peer-Support-at-Bowling-Bash>